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| **Chart for Exercise 36**  **Small Acts of Kindness**  (*Developing Habits for Relationship Success v. 5.0)*  **Name: Date:** | | |
| 1. Think back across the past 24 hours. Ask yourself this question: “What small acts of kindness did I do during this time?” Write your answers down. | | |
| 1. For each small act of kindness you did, take a big breath and let the air out slowly, inviting good feelings to come up inside of you as you think about what you did. Pull your shoulders back and symbolically open your heart while you invite good feelings. *Say to yourself: “Doing things like this makes me feel good.” “I’m proud of myself for doing that.” Spend at least 15 seconds doing this.* | | |
| As you pictured each small act of kindness… | | |
|  | Did you invite good feelings to come up inside of you? | |
|  | Did you take a big breath, and let the air out slowly, relaxing your body as you did so? | |
|  | Did you pull your shoulders back and symbolically open your heart while you talked to yourself and invited good feelings? | |
| 1. Think again about the past 24 hours. Ask yourself this question: “What small acts of kindness could I have done but didn’t do during this time period?” Write your answers down. | | |
| Visualize yourself as if you had done each small act of kindness. As you picture yourself doing each of these things, take a big breath and let the air out slowly, inviting good feelings to come up inside of you as you imagine doing these things. Pull your shoulders back and symbolically open your heart while you invite good feelings. *Say to yourself: “Doing things like this makes me feel good.” “I’m proud of myself for doing that.” Spend at least 15 seconds doing this.* | | |
| As you pictured each small act of kindness… | | |
|  | | Did you invite good feelings to come up inside of you? |
|  | | Did you take a big breath, and let the air out slowly, relaxing your body as you did so? |
|  | | Did you pull your shoulders back and symbolically open your heart while you talked to yourself and invited good feelings? |
| 4. Think about the next 24 hours. What opportunities might there be for you to do a small act of kindness? Write them down. | | |
| * + 1. As you picture each upcoming opportunity, *take a big breath and let the air out slowly, inviting the good feelings to come up inside of you as you picture yourself doing this act of kindness. Pull your shoulders back and symbolically open your heart while you invite good feelings. Say to yourself: “Doing things like this makes me feel good.” “I would be proud of myself for doing that.” Spend at least 15 seconds doing this.* | | |
|  | | Did you invite good feelings to come up inside of you? |
|  | | Did you take a big breath, and let the air out slowly, relaxing your body as you did so? |
|  | | Did you pull your shoulders back and symbolically open your heart while you talked to yourself and invited good feelings? |